



WHITE OAK SENIOR CENTER



May 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line

Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>1pm-2pm West African Dance Class w/Krystal</p> <p>1pm-2pm Seated Yoga w/Regine</p> 	<p>2</p> <p>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>10am-12pm Pinochle w/Mr. Kelly</p> <p>10am-11am Senior Planet Education Sessions: Messaging Apps</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>3</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>*9:30am-1:30pm Kensington Club*</p> <p>11am-12pm Arts for the Aging Program</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p>4</p> <p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-11am Senior Planet Education Sessions: Messaging Apps Tech Talk</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>5</p> <p>9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm–1pm Lunch</p> <p>12:30pm-3:30pm American Mah Jong</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>1pm-2pm Seated Yoga w/Regine</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>10am-11am Senior Planet Education Sessions: Digitable Age Job Searching</p> <p>10am-12pm Pinochle w/Mr. Kelly</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10am-11am Senior Planet Education Sessions: Google Doc Resumes</p> <p>10am-11:15am Memory Café w/The Alzheimer Association</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>12pm-1pm Mother's Day Music w/Mr. Ware</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person & Beginner's Welcome)</p>	<p>139am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>9:30am- 11:30am Dollar Tree/Aldi Trip</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>1pm-2pm Seated Yoga w/Regine</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-11am Fitness Center Awareness</p> <p>10am-12pm Pinochle w/Mr. Kelly</p> <p>10am Coffee & Conversations w/Nancy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>10am-11:15am Senior Planet Education Sessions: Chrome Essentials</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm All Good Tai Chi(In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>10am-10:30am Brain Games/Trivia</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am-1pm Fashion Show & Lunch @ Long Branch Senior Center</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-12pm Pickleball</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10am-11:15am Senior Planet Education Sessions: Chrome Essentials</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>9:30am-11:30am Amish Market Trip</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
<p>22</p> <p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm-2pm Seated Yoga w/Regine</p> 	<p>23</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>24</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 10am-11am Who Am I? 1pm-2pm Bingo Blast (Espanol)</p> 	<p>25</p> <p>9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>26</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:45am-1pm Brunch Bunch: Cracker Barrel 10:30AM-12PAM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>
<p>29</p> <p>Center Closed</p> 	<p>30</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10am-11am Fitness Center Awareness 10am-11:15am Senior Planet Education Sessions: Chrome Essentials 10am-12pm Pinochle w/Mr. Kelly 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>31</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10am-10:30am Brain Games/Trivia 9:30am-1:30pm Kensington Club 1pm-2pm Bingo Blast (Espanol)</p>	<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant</p>	<p>*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.</p>